

SUPPORT FOR PEOPLE WITH A DEMENTIA and their FAMILIES

KNOW DEMENTIA

Jennie and Alex Morrison-Cowan would like to share some of the work carried out by the small charity, Know Dementia (KD), with the people of Arran.

The Charity was founded in 2011 by a group of professional and family carers as they were concerned that families were not being supported enough in their community. KD now runs 12 Memory Moments Cafes, four Musical Moments dementia choirs and one Sporting Moments in Sussex. All the community activities include members of the family, as well as the person who has had a diagnosis of mild cognitive impairment or dementia. The charity's aim is to provide emotional, physical, memory and occupational well-being opportunities as designed by and for people with a dementia.

Jennie and Alex, who lived in Sannox throughout the 1990s, are two of the founders of the charity and have now returned to live on Arran. The ethos of the charity is to provide an opportunity for people with dementia to say what is important to them and then to find ways to support this. The charity works closely with those diagnosed as well as providing support for all family members.

Know Dementia has worked with the NHS for the past five years, helping design a pathway for families called "The Golden Ticket". This integrated model of care includes social services, mental health team, GP surgeries, Hospital Consultants and Know Dementia. The Golden Ticket programme has won, or been runner up, in numerous National Awards including the GP Innovations category in the 2017 GP Awards.

The charity has also supported the development of Dementia Friendly Communities for the past nine years, providing training for Surgery staff, local businesses, Churches and volunteer organisations who support the community.

During the Covid lockdown, all the activities were obviously closed and KD had to change and adapt how it kept in contact with all the families who normally attended. A system of weekly contact calls is now well established and, also to help the families, an entertainment programme of YouTube sessions was set up with local performers well known to the cafe attendees. These include singing, exotic animals and exercise videos. The feedback from the families has been very positive as the entertainers were familiar to them and therefore made engagement easier for the person with a diagnosis.

Although the Charity is not registered in Scotland, that doesn't stop them sharing some of the entertainment videos produced during the current lock-down.

In speaking with Mhairi of U3A on Arran, we thought it might be helpful to share some web links that families might find useful especially during these unusual times and hope they will help to alleviate some of the boredom of staying indoors.

Enjoy some entertainment, fun and laughter every week. We have also listed other links that families might find useful.

www.knowdementia.co.uk is the charity's website. Have a look at the entertainment under Covid-19 health and well-being or go on the Know Dementia Facebook page

Other links that you might find useful:

www.musicfordementia.org.uk - this is an Internet radio show available through Internet enabled devices referred to as m4d Radio

www.creativity4wellbeing.com - a free art resource to encourage creativity in the community with some excellent ideas on activities to do at home